

2000 California Teen Eating, Exercise and Nutrition Survey (CalTEENS)

Table 38: Distribution of California Adolescents' Perceived Duration of Moderate and Vigorous Physical Activity Needed for Maintaining Good Health

For good health, how many days a week do you think you should participate in [Hard/Moderate] physical activity, exercise, or sports?

On these days, how many minutes or hours do you think you should participate in [Hard/Moderate] physical activity, exercise, or sports for good health?

	Mean Minutes of Physical Activity Believed Needed ¹		Minutes of Physical Activity Believed Needed ² , Percent of Adolescents		
	Vigorous Physical Activity	Moderate Physical Activity	Less than 30	30-59	60+
Total	81	70	0	7	93
Gender					
Males	87 **	74 **	0	5	95 *
Females	74	66	1	8	91
Ethnicity					
White	79	71	0	6	94 *
African American	87	82	2	6	92
Latino	83	68	0	6	93
Asian/Other	76	68	1	12	87
Gender by Age					
Males					
12-13	90	79	0	9	91 *
14-15	84	76	1	3	97
16-17	85	68	0	4	96
Females					
12-13	76	69	2	8	90
14-15	84	65	1	8	91
16-17	63	64	0	8	92
Smoking Status					
Non-Smokers	81	70	1	6	93
Smokers	74	68	0	12	88
Physical Activity Status					
Regular	79	71	1	6	93
Irregular	87	67	0	10	90
Overweight Status					
Not at Risk	82	70	0	7	92
At Risk/Overweight	80	73	1	5	94

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Categories sharing a common superscript (a,b,c) are not statistically different from each other (Tukey's test at a procedure-wise error rate=.05).

Some numbers may not add to 100 percent due to rounding.

¹ ANOVA

² Chi Square Test

* p<.05

** p<.01